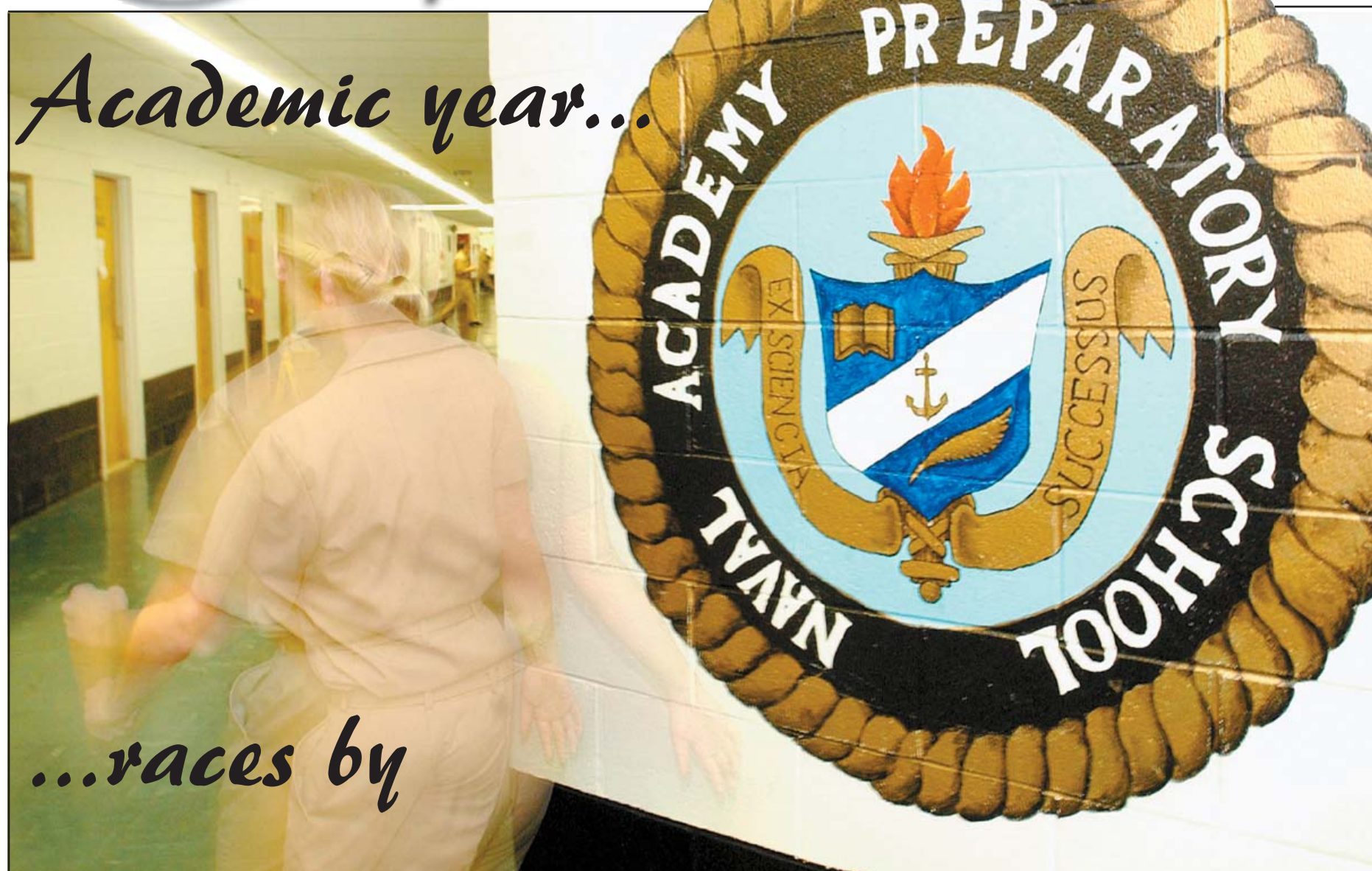


Navalog

VOL. 102 NO. 20 MAY 17, 2002



Academic year...

...races by

MOVING TO GRADUATE — A Naval Academy Preparatory School midshipman candidate is a blur as she passes the school's seal or crest painted on the second deck of Nimitz Hall. The Class of 2002 will send 256 graduates to the three sea service academies next year. NAPS graduation is tomorrow in Capt. Howard Kay Hall. Story, Page 3.

Ron Fontaine/U.S. Navy photo



Self-Help wins Bronze Hammer

Self-Help Command wins the Bronze Hammer Award and \$75,000 for Naval Station Newport.

— Page 4



Seabees finish local projects

Reserve Seabees from Virginia blitz Naval Station, complete variety of construction projects.

— Pages 8-9



NAPSters run in Rhody relay

Navy Prep students run relay across Rhode Island to raise money for a girl with a rare form of liver cancer.

— Page 12



THE FLEET IS IN — Two adult Canada geese escort their families of goslings across the Coasters' Harbor inlet last week. PHC (AW) Jon Hockersmith/U.S. Navy photo

Navy prepares for hurricanes

By R. ALEXANDER
Navalog editor

There's a hurricane in the Bahamas heading west, and expected to track northward through North Carolina. Meanwhile, a second storm has crossed over the Florida panhandle and is drenching Alabama and Georgia.

The Navy's also keeping an eye on a tropical depression in the Gulf of Mexico.

"What hurricanes?" you ask. Well, it's only a drill coordinated by Navy Region Northeast. About every 12 hours, the quarterdeck at Building 690, Naval Station Newport headquarters receives updates on hypothetical storms. The coordinates are plotted on a wall chart.

Alan Brown, emergency management coordinator at CNRNE in Groton, Conn., said hurricanes are major storms that can cause considerable and widespread damage.

"We are currently conducting HURREX '02 to prepare our commands for the hurricane season, which runs from June 1 to Nov. 30," he said. "There are also a number of things all military personnel can do as individuals to prepare themselves and their families for a hurricane."

He said the East Coast of the U.S. hasn't been hit by a hurricane in two years. "We have been lucky, but no

one expects that luck to last forever."

Dr. William Gray, professor of meteorology and his "hurricane forecasters" at Colorado State University, have again studied global environmental patterns and predict the 2002 season will be less active than 2001, but still 10 percent higher than a "normal" year.

In his 2002 Atlantic Basin Season Hurricane Forecast updated April 5, Gray predicted an "above average" probably that a hurricane will hit U.S. landfall.

There should be 12 named storms, seven hurricanes with three categorized as "intense." The probably of at least one or more major hurricane hitting the U.S. East Coast is 75 percent, he said.

When Navy Region Northeast expects severe storms in the area, it works through Sub-Regional Planning Agents to set destructive weather Conditions of Readiness (CORs), based on a timeline for the arrival of destructive winds (sustained winds greater than 50 knots):

- Destructive Weather COR V. The normal readiness condition during hurricane season.
- Destructive Weather COR IV. Destructive winds are possible within 72 hours.

HURRICANES, Page 13

Pier 1 open Armed Forces Day

By BOB KREKORIAN
NAVSTA Public Affairs Staff

Naval Station Newport will commemorate Armed Forces Day with an open house at Pier One on Saturday, May 18, and with a concert by Navy Band Northeast on Sunday, May 19.

The public is invited to view the inactive aircraft carriers Forrester and Saratoga from 10 a.m. to 4 p.m., when Pier One at Naval Station Newport will be opened to visitors. Although the ships will not be open for tours, visitors will be allowed to walk the length of the 1,500-foot long pier for a

close-up view of these historic ships.

The Saratoga is berthed on the north side of Pier One and the Forrester is berthed on the southern side.

Since the ships' arrival in fall 1998, the pier has been closed to visitors. Visitors are allowed on the pier twice annually — on Armed Forces Day and on Veterans Day.

Parking is available in the lot at the base of the pier. Visitors should enter through the Pier Two gate.

The 1,039-foot long carrier Forrester, the first "supercarrier," was commissioned in

October 1955 at the Norfolk Naval Shipyard, Norfolk, Va. The Saratoga, the second carrier of the Forrester class, was commissioned in 1956.

The Spring Recital Series finale will feature Navy Band Northeast's Ceremonial Band and Showband at 3 p.m. at the Naval War College's Spruance Auditorium. The concert is free and open to the public.

Guests should enter the naval complex through Gate 1. Members of the public who do not have authorized passes to NAVSTA may call 841-3538 before 2 p.m. today to make reservations.

Fort Adams opens in ceremony

A "Salute to the Troops" will be the theme of opening day at historic Fort Adams State Park on Saturday, May 18, from 10 a.m. to 4 p.m.

Sponsors of opening day activities are the Fort Adams Trust, Sail Newport, Shake-A-Leg and the Museum of Yachting.

The American Red Cross will staff a table where members of the public can write letters to our troops and Sailors overseas in Operation Enduring Freedom. Navy Band Northeast's Showband will play patriotic numbers beginning at 2:30 p.m.

Other activities planned are guided tours of the fortifications which date to 1799, the annual inspection of the Rhode Island Militia, the Cranston East High School JROTC drill team demonstration, and a tug-of-war between Rogers and Durfee High Schools' JROTC units.

Children's activities include rock painting, a rock climbing

wall, a kids boot camp, face painting and more.

Middletown High School will display its robo-gliator, Rhode Warrior, which won fifth place in national and first place in regional robotics competition this spring.

The U.S. Coast Guard will

demonstrate a rescue at sea.

The Museum of Yachting will have kids coloring contest, face painting and other activities. A nautical yard sale will be held from 11 a.m. to 4 p.m.

Donation to the fort on opening day is \$3 for adults, \$2 for ages 6 to 12.

Navalog
Capt. Ruth A. Cooper
Commanding Officer, Naval Station Newport

David Sanders
NAVSTA Public Affairs Officer

Bob Krokorian
NAVSTA Public Affairs Staff

Greg Kohlweiss
NAVSTA Public Affairs Staff

Ron Fontaine
NAVSTA Public Affairs Staff

Joy Christmas
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Richard Alexander
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NAVSTA Public Affairs Staff

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The Newport Navalog is printed on recycled paper.

NAPS to send 256 to service academies

By LT.CMDR. T. ALLVORD
NAPS Public Affairs Officer

The Naval Academy Preparatory School (NAPS), the fourth oldest school in the Navy will graduate 256 officer candidates from its 10-month program. The ceremonies will be held tomorrow at 11 a.m. in Capt. Howard Kay Hall.

NAPS sharpens study skills, the sciences and English to prepare young men and women to enter one of the nation's three sea service academies — the U.S. Naval Academy, the U.S. Coast Guard Academy or the U.S. Merchant Marine Academy.

During its 85-year history many changes have been implemented concerning academics, military training, athletics and character development.

The new NAPS Commanding Officer, Capt. Bruce Bole, began an aggressive evaluation of how NAPS conducts business. Items discussed ranged from the indoctrination portion of training to when the students would eat, sleep and how they would be taught and disciplined.

The result is that 25 more students will graduate tomorrow than in the Class of 2001.

The indoctrination phase was made more efficient, and military training and character development days were held once a month to provide students the opportunity to visit the Naval War College and active Navy ships.

On the academic side, Dean Steve Arendt worked closely with the Executive Officer, Lt. Col. Danny Ray and Capt. Bole to bring in additional talent to instruct the midshipmen candidates both in and out of the classroom.

Hiring seasoned, experienced instructors and study skills tutors made a big difference in both instructor availability and student support.

Recognized for academics was Midshipman Candidtae (M/C) Raphael J. Talakottur who attained the Superintendent's List for a Total Quality Point Average (TQPA) of 3.750 for the third marking period.

Attaining the Commanding Officer's Scholar List for TQPA of 3.5 to 3.749 were M/Cs Jonathan R. Ferrell, Thomas Irwin, Cayanne V. Mcfarlane,

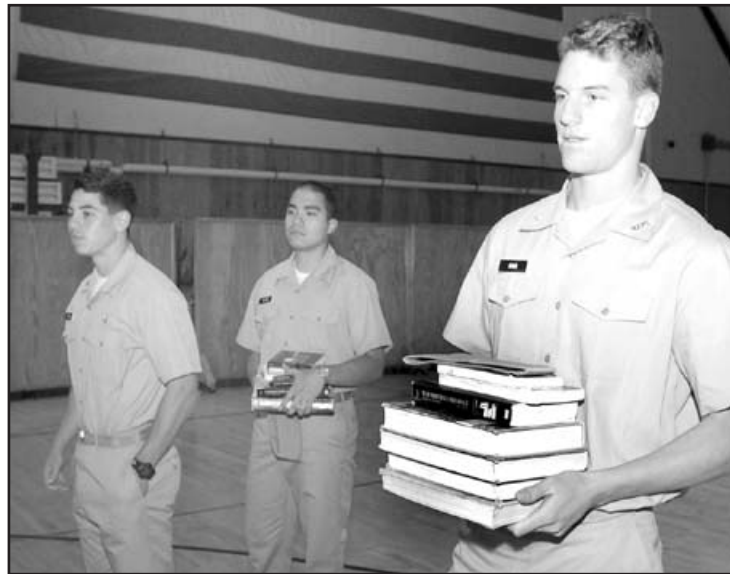


Short timers at NAPS

ABOVE: Midshipman Candidate Cayanne Mcfarlane of Alaska packs up her personal belongings in Nimitz Hall before her graduation with the Class of 2002 Saturday at Capt. Kay Hall.

RIGHT: Midshipman Candidate Lloyd Regas, right, Naval Academy Prep School, waits to turn in textbooks at Kay Hall last week.

Ron Fontaine/U.S. Navy photos



MVP was M/C Kelvin Boatner.

The Class of 2002:

David A. Abreu
Christian G. Acord
Andre M. Agravador
Julio C. Aguilera
William K. Ahue
Matthew W. Alt
Carl A. Amolat
Justin N. Andrews
Joshua M. Angichiodo
Patrick W. Bailey
Forest T. Banks Jr
Jared J. Barnard
Brandon A. Barrett
Simeon V. Barrett
William M. Barth
James L. Battista
Dejarous M. Bell
Frank X. Benavidez III
Cody J. Bench
Jason L. Berger
Serge J. Bermudez
Giancarlo N. Bertaina
Jonathan M. Birsner
David S. Blas
Kelvin L. Boatner
Krystle M. Bobbins
Theodore J. Borromeo
Jason P. Bowers

Matthew J. Bowman
Brian M. Boyer
Janet M. Broome
Joseph M. Brown
Tara A. Burress
Joshua I. Campbell
Christopher A. Canales Sr.
Ryan L. Carr
James N. Carter
Jeremiah M. Chase
Haowen N. Cheng
Jonathan A. Chunn
Yolanda I. Coll
Andrew M. Cole
Cory J. Colistra
Charles E. Collins
Christopher J. Corey
Jill S. Correnti
Coady V. Corrigan
Andrew S. Countiss
Jacob D. Courtade
Daniel P. Cresswell
Brian R. Crosby
Justin D. Curran
Sheivon A. Davis
Andrew B. Dennyly
Linda M. Denning
Danielle M. DeSanctis
Marvin E. Dingle
Peter J. Ditchett
Danny L. Dorsey Jr.
Russell S. Doison

John M. Dove
Jonathan D. Dunbar
Craig T. Dziewiatkowski
Jeffrey M. Edwards
Matthew S. Eisenbach
Zachary N. Embers
Richard C. Eugenio
Jonathan R. Ferrell
Marcus E. Griffith
Isaiah D. Gammache
Tanner C. Garrett
Daniel A. Gibbon
Eddie A. Goenaga
Veronica A. Gomez
Matthew R. Green
Steven E. Grey Jr
Brandon B. Griffith
Marcus E. Griffith
John-Michael N. Gutierrez
Cyrus V. Haines
Joseph B. Hamilton III
Rachel K. Hammond
Eric S. Handal
Kenneth J. Hannah
John R. Hansen
Rayford J. Hardwick
Kassie D. Harris
Emile H. Hawkins Jr
Chet P. Henderson
Robert L. Herrick
Russell R. Hill II
Lam T. Ho
Andrew L. Holmes
Margaret E. Holt
David A. Hooper
Trevor D. Hosselton
Bo J. Howell
Shimreah T. Huddleston
Adam P. Hudson
Richard E. Ilczuk Jr.
Eric J. Inclan
Thomas S. Irwin
Diana J. Isidore
Nicholas A. Jackson
Matthew B. James
Andrew B. Jantzen
Salvador N. Jauregui III
Ian D. Johnson
Mitchell D. Johnson
Morning D. Johnson
Ryan P. Karpowicz

NAPS, Page 13

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Bravo zulu



TEAM EFFORT — Naval Station Newport's Command Self-Help team poses at Building 11 and the Seabee statue after winning the Self Help Bronze Hammer award for Small Activities. From left are BU1 Dwayne Yon, CE2 Dan Baldwin, Cmdr. David Burnes, Public Works officer; LI2 Tom Pelletier, AK2 Mark Palmer, BMC Robert Suplido, UT2 Harold Perkins and Lt. Cmdr. Nick Merry, assistant Public Works officer. Missing is CM3 James Kneise.

Self-Help wins Bronze Hammer

Naval Station (NAVSTA) Newport recently won \$75,000 for winning the 2001 Commander-in-Chief Self-Help Bronze Hammer Award for Small Shore Activities with no construction battalion unit attached.

The award recognizes the command with the best Self-Help program, and NAVSTA will be CINCLANTFLT's nomination for the Navy-wide Self-Help competition under the

Chief of Naval Operations.

Self-Help is just one way a military installation can improve its external appearance, facility conditions, and work environment. Adm. Vern Clark, CNO, has made "Quality of Service" a component of Quality of Life and Quality of the Workplace.

The Command Self Help Center in Building 14 enables personnel, through their own labor, to maintain, repair and

improve their work spaces. NAVSTA and tenant command personnel may borrow tools, material and receive technical assistance for their projects. This contributes toward significantly reducing the base's maintenance backlog.

NAVSTA's Self-Help team is responsible for all components of the program, including planning, estimating, ordering materials, issuing tools and

SELF-HELP, Page 13

Navy-Marine Corps Relief honors 27 volunteers at awards luncheon

The Navy Marine Corps Relief Society (NMCRS) Newport honored 27 volunteers at the Society's annual Volunteer Awards Luncheon held on April 26 at the Officers' Club.

Capt. Ruth A. Cooper, Commanding Officer, NAVSTA Newport, presented the awards.

In total, 31 volunteers gave nearly 10,000 hours to NMCRS Newport last year. A 10,000 hour plaque was presented to Lillian Marcoux, a layette NMCRS, Page 13



SALUTE TO VOLUNTEERS — Dan Brenton, left, director of Navy Marine Corps Relief Society, (NMCRS) Newport; and Capt. Ruth A. Cooper, right, Commanding Officer, Naval Station Newport, pose with some of the volunteers honored at the NMCRS annual Volunteer Awards Luncheon held on April 26 at the Officers' Club. From left are Virginia Plunkett, Lillian Marcoux, Jim St. Angelo, Florence Olszewski, Muriel St. Angelo, Vivian Flade, Nanci Smith and Donna St. Angelo.

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(English Language)

2695 No. Main St., F.R.

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Worship Services

Sat. 11 AM

Wed. evening Bible Study

7:00 PM

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- **Rappelling & Trick Drill Demonstrations**
- **JROTC Tug-O-War Competition**

Entertainment

- 10:30 am • Cannon Firing
- 11 am & 1 pm • Trick Drill Demos
- 12 pm • March On of the RI Militia
- 2:45 pm • Presentation of "Letters to the troops"
- 3 pm • Northeast Navy Band

Family Fun

- Face Painting
- Rock Climbing Wall
- Rope Slide • Ghost Stories
- Balloon Helmets & Swords
- Rock Painting • Rose Island Lighthouse
- Kids Boat Camp 10:30, 12:30 and 2:30

Join forces with Fort Adams and the American Red Cross in writing a letter to our troops overseas.

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Sponsored by **PEOPLE'S CREDIT UNION**
THE NEWPORT DAILY NEWS
NEWPORT GRAND JAI ALAI

FORT ADAMS OPENING DAY
History You Can Touch
Rain or Shine

Navy League selects top Coast Guard junior officer

By **JOY CHRISTMAS**
NAVSTA Public Affairs Staff

Lt. j.g. Jessica Worst of the Coast Guard cutter Juniper has been named the Newport Navy League's 2001 Rhode Island Coast Guard Junior Officer of the Year.

Worst, who was recently honored at a reception sponsored by the Navy League, Newport Chamber of Commerce and the Aquidneck Island Rotary, Lions and Kiwanis Clubs, was lauded for her leadership, professionalism and technical expertise.

As the deck watch officer aboard the 225-foot buoy tender at Pier Two, she is responsible for the safe movement and control of the ship, including such difficult conning evolutions as mooring, anchoring and operations of aids to navigation in strong winds and currents.

To further contribute and enhance her professional skills, Lt. j.g. Worst voluntarily deployed during patrol boat operations.

As the educational services officer, she consistently inspired crewmembers and supported access to personal and professional development. On numerous occasions, she used her personal time to enable personnel on Juniper, as well as other cutters, to take tests after hours. As the law enforcement/boarding officer, she ensured those serving on law enforcement teams were properly trained and equipped to perform the duties.

In the wake of the terrorist attacks last September, Lt. j.g. Worst was instrumental in the crews seamless transition from mission of aids to navigation to that of homeland security. During that time, she led numerous boardings of commercial, recreational vessels and deep draft ships.

Always a team player, Lt. j.g. Worst never hesitates to pitch in when needed to augment the short-handed Deck Department with such tasks as scraping marine growth from

buoy or shoveling the buoy deck.

Lt. j.g. Worst is the ideal representative of the Coast Guard, the command said. Her superb leadership qualities, military bearing, dedication to

duty and technical expertise was key in her successful screening for command afloat.

A native of Ledyard, Conn., Lt. j.g. Worst graduated from the U.S. Coast Guard Academy in 2000 with a bachelor of sci-

ence in marine environmental science. She reported for duty on board Juniper in June 2000.

The daughter of Victor and Donna Worst, Lt. j.g. Worst is married to Lt. j.g. Marc Smith of the Coast Guard cutter

Campbell in New Bedford, Mass.

Lt. j.g. Worst will depart Juniper in June and report as commanding officer, Coast Guard cutter Albacore in Little Creek, Va.

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"Uniformed Services Family Health Plan makes it easy to get the care you need. Once, when I received a bill by mistake, I just called them up and they took care of it – right there on the phone. No problem at all."

- **Major Fred Ritvo, US Army Ret.**
USFHP member; Brewster, MA



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• It's simple – no claim forms, no deductibles, very little paperwork.

Enrollment is open all year, to military beneficiaries of all ages. For more information, visit www.brightonmarine.org or call 1-800-818-8589.



US Family Health Plan is the Uniformed Services Family Health Plan, a permanent part of the military health system.

Special events

Choristers concert tonight

MIDDLETOWN — The Newport Navy Choristers will present their spring concert, "Proudly We Sing," tonight at 7:30 at St. Lucy's Church.

The concert will honor the Armed Forces and will feature, in addition to patriotic selections, a light mix designed to delight every taste.

Tickets for the concert are \$8 for adults, \$5 for children under 12 and \$15 for families. Proceeds will benefit the Newport Historical Society.

For tickets, call the Newport Historical Society at 846-0813. Tickets are available at the door, or in advance from Navy Chorister members.

For further information, call 849-1135.

Announcements

Management Analysis in Bldg. 1A

The Commander Navy Region Northeast Inspector General/Management Analysis storefront office (formerly the NAVSTA Command Evaluation Office) has relocated from the Public Works Department Building 1 to the Community Support/Supply Building 1A.

All telephone numbers remain the same. Our location may change, but our support to our customers remain the same.

Peary Street being repaved

In the continuing effort to improve Naval Station Newport road conditions, a Public Works Department contractor has begun repaving Peary Street this week, David Preston, outage coordinator, said.

The work is being done in three phases. The first phase, started this week, will close Peary Street from the Chandler Street railroad tracks to Whipple Street until June 1.

Gate 10 will be open 24 hours a day, seven days a week through Phase 1 to allow access to the Coddington Cove area. Gate 2 will be open from 6 a.m. to 6 p.m.

Thrift Savings in Open Season

The Thrift Savings Plan (TSP) Open Season began May 15 and ends on July 31.

TSP has also announced that after July 31, TSP open seasons will change to Oct. 15 through Dec. 31 and April 15 through June 30. More details will be provided later.

TSP is a retirement savings plan for both Federal Employees Retirement System (FERS) and Civil Service Retirement System (CSRS) employees and during this open season, all eligible employees can elect to participate in TSP or increase/decrease their contributions.

During this open season, eligible FERS employees may elect to contribute up to 12 percent of their basic pay; eligible CSRS employees may elect to contribute up to 7 percent of their basic pay.

Visiting students need sponsors

The Naval Staff College at the Naval War College is a six-month program for mid-grade officers from around the world. Because of the short length of the course and the cultural transition, NSC seeks sponsors (military and civilian) to assist the students and their families during their stay in Newport.

Check-in dates for the next class are July 8-10, and graduation is Dec. 12. Each student has two sponsors: a civilian and a servicemember.

If interested in helping with the program, call Alice Deery at 841-4782 weekdays or 849-2275 weekends and nights.

What's going on

Pier open to public

In observance of Armed Forces Day tomorrow, the public is invited for an up-close look at the decommissioned aircraft carriers Saratoga and Forrestal berthed at Pier One, Naval Station Newport.

The pier, accessible to the public only twice a year, will be open 10 a.m. to 4 p.m. Visitors will be permitted to stroll the length of the pier and take pictures, however, the ships will not be open for tours. Visitors should enter through the gate at Pier Two.

- TODAY, May 17**
- Morale, Welfare and Recreation Department's Armed Forces Day Softball Tournament begins through May 19, 5 p.m., Carr Point Recreation Area.
 - Newport Navy Choristers "Proudly We Sing" concert, featuring a selection of patriotic tunes, 7:30 p.m., St. Lucy's Church, 909 West Main Road, Middletown.
 - Destroyer Centennial Ball, Naval Station Newport Officers' Club, 6 p.m. Adm. Vernon Clark, Chief of Naval Operations, will be the guest speaker.
 - Lunchtime Bingo, noon to 1 p.m. at the Recreation Center, Building 656. Continues next Thursday.
 - Movies at Recreation Center, Building 656. Shown upon request starting at 5 p.m., *The Mothman Prophecies* (PG-13) and *Vanilla Sky* (R). Other movies are also available and may be shown upon request.
- SATURDAY, May 18**
- Fort Adams Opening Day, 10 a.m. to 4 p.m., Fort Adams State Park.
 - ASYMCA Ultimate Yard Sale, 9 a.m. to 1 p.m. Reserve for space now, \$10. For more information, call 846-9622.
 - Kindermusik at Armed Services YMCA, spring semester runs every Saturday through June 8, for newborns to age 5. Call Terriann Lane at 846-1331.
- SUNDAY, May 19**
- Armed Forces Day Concert, Spruance Hall, 3 p.m. Final Navy Band Northeast concert of Spring Recital Series.
 - Chapel of Hope worship services:
 - Catholic mass, 9 a.m. and noon
 - Protestant Services, 8 and 10:30 a.m.
 - Sunday Bowling, \$7 per hour, Seaview Bowling Lanes, Building 656.

- MONDAY, May 20**
- Fitness Walk and Tone, 8: to 9 a.m., Gym 109. New program designed for patrons age 50 and up. Classes will be held Monday and Thursday. Cost is \$5 for five weeks! For more information, call the fitness staff at 841-3154.
 - Intermediate Weight Training for Women," 9 to 10:30 a.m., Monday and Wednesday, Gym 109. For more information or to register, contact fitness staff at Gym 109, 841-3154.
- TUESDAY, May 14**
- Relationship Enhancement Workshop continues, 6 to 8:30 p.m., Fleet and Family Support Center. Last of a five-session workshop designed for couples or individual
- who want to enrich their relationships through effective communication.
- Free movies at Officers' Club, 6 p.m. *Lord of the Rings, Parts 1 & 2* (PG-13); *Lord of the Rings, Parts 1 & 2* (PG-13)
- WEDNESDAY, May 22**
- Armed Services YMCA:
 - Parents Time Out, 9 a.m. to noon. Bring your child(ren) ages 18 months and older to the "Y" while you run errands or enjoy some time for yourself. \$10 for the first child, then \$5 each additional child.
 - Kids Sewing No. 1, 3:30 to 5 p.m. Kids ages 7 and over learn the basics of sewing, \$48 per child for four 1 1/2 hour sessions.



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Newport, Middletown, Portsmouth

Newport County YMCA



YMCA

We build strong kids, Strong families, strong communities

The Newport County YMCA always waives the joiner fee for active military personnel and their families for Family, Single Parent Family, and Adult memberships.

Call the YMCA for more information at 401-847-9200

Email: info@newportymca.org



PHC (AW) Jon Hockersmith/U.S. Navy photo

LT. CMDR. TOM DISY, right, a Middletown High School graduate, Class of 1985, describes a day in the life of a Naval War College student, to Rhode Island Children's Crusade members, from row, Dominic Cecilo, Mary Cecilo and Natalie Lambert; and back row, Amy Pelletier, Sheryl Duncan and Shawn McColl during a tour of the NWC. The crusade is a program to help disadvantaged students do well in school and prepare for college.

Dear Navy Doc

Bed-wetting after age 5 is concern

EDITOR'S NOTE: Dear Navy Doc is a question and answer column covering health-related topics of general interest from the staff at Naval Ambulatory Care Center, Newport.

Dear Navy Doc:

My son is 4 years old and still wets the bed at least a few times per week. We had to cancel our visit to his grandparents' house because we were too embarrassed about what might happen. My husband says we should punish him, but I don't know. What should we do?

—L.

Dear L.:

The medical term for bed-wetting is enuresis ("en-yoo-ree-sis"). This general term applies to children who lose control of their urine after the age at which control of urine should have been achieved (regardless of time of day, etc.). However, it is most commonly used when describing children who wet the bed at night.

Children achieve total bladder control at different ages. Even though it may be frustrating for parents, bed-wetting up

to the age of 5 is not unusual or abnormal. But by the age of 5 years, most children no longer urinate during sleep. Treating a child for enuresis before the age of 5 is unnecessary and may even be harmful to the child.

Most often, the exact cause of enuresis isn't known and many factors can be involved. In some children, the cause may be genetic (enuresis tends to run in families). In other children, enuresis may occur because more urine is produced at night.

Another cause can be a small bladder and its inability to hold urine for a long time. Less common causes of enuresis may be problems with the bladder, the kidneys or the nervous system.

Most of the time, enuresis is not a sign of illness, stress or mental problems. Your child's health care provider can help you decide if your son needs special testing.

If your son reaches his sixth birthday and is still wetting the bed often, you should make an appointment to have him evaluated by his health care provider. If no specific cause

for the enuresis is found (as is the case about 90 percent of the time), your provider may suggest a number of different treatments:

- A special pad attached to your son's underwear at bedtime, which senses wetness and causes an alarm to sound or a buzzer to go off.
- A reward system for dry nights;
- Having your son help change the sheets when he wets;
- Having your son practice holding his urine for longer and longer times during the day;

—Navy Doc

(This "Navy Doc" column was answered by Lt. P.L. Pentin, MC, USNR, a board certified family physician at Naval Ambulatory Care Center, Newport. If you have a question(s) that you would like to have addressed in this column, forward it by email to dear-navydocnewport@us.med.navy.mil or drop off your written questions in the confidential "Dear Navy Doc" box at the Health Promotions clinic, second floor, NACC Newport.

TRICARE corner

Spring has sprung: The sneezin' season

According to the American Academy of Allergy, Asthma, and Immunology, more than 50 million Americans suffer from allergic diseases annually. Often confused with a cold, which is short lived and passed from person to person, allergies are immune system reactions to normally harmless substances, such as food, ragweed or pollen.

Preventing allergies is as easy or difficult as avoiding exposure to harmful substances. Medications are available to alleviate uncomfortable allergy-related symptoms, which may include sneezing, watery eyes, repeated ear and sinus infections, frequent coughing or dark circles under the eyes caused by increased blood flow near the sinus.

Food and pollen allergies are among the most common allergies.

Allergies to ragweed and tree pollen are seasonal. Ragweed, curly dock, plantain and sagebrush are among the most prolific producers of pollen allergens. Although the ragweed season runs from August to November, pollen levels peak in mid September in many areas in the country.

Trees release their pollen as early as January in the southern states and as late as May or June in the north. Tree pollen can travel several miles from

ALLERGY, Page 13



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Busy as (Sea)bees



CHIEF Builder Tom Thomas, right, works with a Seabee team to take final measurements on the concrete pad before a guard shack is anchored in place at Gate 11.

Ron Fontaine
and BUC Tom Thomas
/U.S. Navy photos



HOME, SWEET HOME — Reserve Seabees with Naval Mobile Construction Battalion 23 of Virginia guide one of the new security guard shacks into place at Gate 11. Another of the insulated steel structures was placed at Gate 4.



STEELWORKER First Class Mark Douglas caulks around a window frame in Ney Hall's new office spaces.



BUILDER First Class Ed Wilson, right, and his crew from NMCB 23 finish the handicapped access ramp at the north entrance to Ney Hall galley.

Reservists take on projects

By RICHARD ALEXANDER
Navalog editor

It's been almost seven years since the Seabees have had their own active construction unit at the naval complex, but with several projects undertaken by reservists from Naval Mobile Construction Battalion 23 in Belvoir, Va., they have been...well...busy as bees.

Ribbon and cake-cutting ceremonies were held last Friday at Ney Hall where two 12 by SEABEES, Page 9



A BACKHOE removes curbing outside Ney Hall for wheelchair handicapped access to the galley.



BUILDER Second Class David Robinson fastens framing for the walls of new office spaces at Ney Hall galley.



HEADS UP — Builder Third Class Dan Sutton installs a toilet in the new handicapped access unisex head at the galley.



CHIEF BUILDER Tom Thomas and Capt. Ruth A. Cooper, NAVSTA commanding officer, cut the ribbon inside Ney Hall while reservists with NMCB 23 look on. The Seabees built two interior office spaces, among other work.



CHIEF Utilitiesman Fred Squires finishes off an air vent at the new office spaces in the galley.

Seabees

Continued from Page 8

12-foot offices for galley managers, a wheelchair access ramp on the north end of the galley, and a handicapped access unisex-restroom were built by 12 reserve Seabees rotating in over an eight-week period.

But Chief Builder Tom Thomas said there were a variety of other projects arranged by Lt. Cmdr. Nick Merry, assistant Public Works officer at NAVSTA. The reservists began arriving March 18 for their two weeks active duty.

Sidewalks were repaired at Building 144, the former Teddy Colbert Child Development Center building at Katy Field; office space was erected at Naval Station Newport Fire Station 2; a beach access ramp for students was installed at Coasters' Harbor Island; and two new insulated steel guard shacks were installed at Gates 4 and 11.

The shacks are 6 by 8 feet and have heat and air conditioning, and electric and communication lines.

The last active visible Seabee presence in Newport was Naval Construction Battalion Unit 408, which was disestablished in

July 1995. CBU 408 had tallied an impressive list of almost 690 construction, renovation and Self Help projects, both on and off the naval complex. CBU 408 used its heavy equipment to clear downed trees on Ocean Drive, Newport, after Hurricane Bob in 1991.

Thomas said the Ney Hall project was necessary under the American Disabilities Act which requires all federal buildings to be handicapped accessible. The galley now serves all hands, not just active duty military.

He credited Lithographer Second Class Tom Pelletier at Self Help with gathering all the supplies before the reservists arrived.

"Self Help did all the leg work for us," Thomas said. "All our material were right here when we arrived, so we hit the ground running."

NAVSTA recently won the Commander-in-Chief, Atlantic Fleet, Self-Help Bronze Hammer Award for Small Activities with no permanent construction battalion unit.

Naval Station Newport Dining

Officers' Club

(Building 95, Phone 841-4821,846-7987 or 849-3693)

Today: Lunch, 11 a.m. to 1:15 p.m., main dining room, buffet-style choices.

Tonight: 5 to 7 p.m. in Topside Pub: complimentary hors d'oeuvres. Pub opens at 4 p.m.

Saturday: Topside Pub opens at 4 p.m. Full pub menu available until 1 hour before closing.

Sunday: All hands Brunch, buffet-style, main dining room, 10 a.m. to 12:30 p.m. Reservations required.

Monday and Tuesday: Lunch, 11 to 1:15 p.m., main dining room, buffet-style selections. Dinner, 5:30 to 8 p.m., Topside Pub Pasta Night. All-you-can-eat fresh cooked pasta, salad and warm garlic bread. Pub opens at 4 p.m. On Tuesdays, free movies at 6 and 8 p.m. in the Topside Pub.

Wednesday: Lunch, 11 to 1:15 p.m., main dining room, buffet-style selections. Dinner, 5:30 to 8 p.m., Topside Pub, free Sliced Beef Sandwiches. Buy a beverage of your choice and receive a food token good for two sandwiches. Other items also available. Pub opens at 4 p.m.

Thursday: Lunch, 11 to 1:15 p.m., main dining room, buffet-style selections. Dinner, 5 to 7 p.m., Topside Pub, Lobsters for Happy Hour. One-plus pound boiled lobsters, giant baked potatoes, hot and spicy wings and fresh garden salads. Pub opens at 4 p.m.

Upcoming Events:

Advance tickets are required for all events below. Gratuity is included in all tickets prices and there is no charge for children 3 and under at special events. Tickets are available at the Officers' Club Gift Shop during normal hours of operation or by phone using Visa or MasterCard.

May 24: Deck opening party featuring DJ Lou Pazz, complimentary cookout, beer taste-test, fun for the whole family! Deck and Topside open at 4 p.m., and the cookout and taste-test runs from 5 to 7 p.m.

June 14: Crab is King. This all-you-can-eat Alaskan king crab buffet featuring crab bisque, homemade crab cakes, crab salad, king crab lasagna, crab del ray, and stuffed crab legs. The buffet menu also includes top round of beef, fresh vegetables, scalloped potatoes and more.

The price is \$31.95 for adults, \$11.45 for children age 4 to 12. Seatings are available from 5:30 to 9 p.m. and must be requested at time of ticket purchase.

June 16: Father's Day Buffet. Treat dad to a special feast of opened-to-order blue point oysters, creamy clam chowder, prime rib and many other mouth-watering buffet selections. Brunch cards will not hon-

ored. Tickets are on sale now and cost \$24.95 for adults and \$8.95 for children 4 to 12. Seatings are available from 11 a.m. to 2 p.m. and must be requested when you purchase your tickets.

Enlisted Lounges

(Building 656, phone 841-3054)

Today: Lunch served from 11 a.m. featuring sandwiches, burgers, soups and salads and creamy white New England-style clam chowder. Lunch is open to all hands and Department of Defense civilians are always welcome. Call for advance order take-out. No home delivery.



Navallog file photo

NAVY FAMILY enjoys some refreshments on the Officers' Club Red Deck. The deck reopens for the season May 24.

Call for advance order takeout. No home delivery. Tuesday is "Taco Night," 5 to 8 p.m. Create your perfect taco using all your favorite ingredients.

Wednesday is "Wild Wings" Night, 5 to 8 p.m. Basket of chicken wings (available three ways), fresh celery and blue cheese dipping sauce.

Thursday is our "Sizzling Sirloin Special," 5 to 8 p.m. Includes steak, french fries and salad. Watch the television reality show Survivor: Marquesas beginning at 8 p.m. and cast your ballot on who will be voted off the island. Winner will receive a gift certificate for a fish 'n chips dinner. You must be present to win and there will be one winner for each episode.

Ney Hall Galley

(Building 292, phone 841-4450)

All hands welcome.

Weekdays: breakfast, 6 to 7:15 a.m.; lunch, 11 a.m. to 12:30 p.m.; and dinner, 5:15 to 6:30 p.m.

Saturday: breakfast, 6:30 to 8 a.m.; lunch 11 a.m. to 12:30 p.m.; and dinner, 5 to 6:15 p.m.

Sunday: breakfast 8:30 to 10 a.m.; lunch, 11:45 a.m. to 1 p.m.; and dinner, 5 to 6:15 p.m.

Call for daily menus and meal charges.

Noble Roman's Pizza

(Building 1255, phone 851-2006)

Breakfast, lunch and dinner menu. Dine-in, take out and home delivery to Navy family housing and Combined Bachelor Housing Quarters evenings only. Open weekdays, 6:30 a.m. to 9 p.m.; Saturday from 10 a.m. to 10 p.m.; and Sunday, 10 a.m. to 9 p.m. Also, Breyers Ice Cream available.

Ticket Connection

Season passes available for Six Flags New England

Take a walk on the wild side and experience the thrills, chills and hair-raising excitement of Six Flags New England, in Agawam, Mass.

The Ticket Connection, Building 656 has discount season passes for the price of \$57, a \$6 savings. Purchase the pass and take it to the Six Flags New England customer relations office where you be issued a photo ID card. The season pass is good for unlimited visits to any Six Flags Park across the U.S. during the 2002 season. Stop in and buy your tickets to spectacular, summer fun today! For more information, call 841-3116.

Get ticket vouchers to your Pawtucket Sox

You can catch terrific baseball action close to home in Pawtucket, R.I., at recently renovated McCoy Stadium!

The Ticket Connection, Building 656, has discount ticket vouchers for all regular season Pawtucket Red Sox home games. General admission seat vouchers cost \$4.25 each and box seat vouchers are just \$7 each. For best available seating, redeem all vouchers to this season's games on your first visit to the box office.

These vouchers make a terrific gift for the sports fan in your family—and at such affordable prices, there doesn't have to be a special occasion! Pick yours up today! For more information, call 841-3116.

New England Revolution boots up soccer season

The New England Revolution will begin their seventh season of major league soccer in the new CMGI field in Foxboro, Mass.

Catch all of the action at a fraction of the cost by ordering your tickets through the Ticket Connection in Building 656.

Discounts range from \$2 to \$15 per ticket depending upon the game and seating category you choose.

Order now for the best available seating. Schedules are available at the Ticket Connection office. For more information call 841-3116.

See movies for less

Going to the movies this weekend? Stop by the Ticket Connection, Building 656, and pick up some discount movie tickets first. These tickets cost just \$6 each and may be used at the Holiday and Opera House cinemas.

Tickets to the Jane Pickens Theatre are just \$5, so don't let this great, money-saving offer pass you by! Get over to the Ticket Connection and stock up today! Call 841-3116 for more information.

Leisure

Sailing lessons

(Navy Sailing Center and Marina, Building 17, 841-3283)

MWR offers lessons in both sailing and powerboating, designed to get you on the water quickly and safely. Sailing classes (ages 12 and up, only) offer six hours of classroom instruction and 10 hours of on-the-water training with an instructor.

Classes begin most Mondays and are repeated throughout the summer until mid-September. Powerboat training courses are held on selected Wednesday evenings and Saturday mornings, for ages 17 and up.

The course takes just four hours, and leads to qualification to rent the 16-foot outboards available at the Marina. Active duty, reservists, retired personnel, DoD civilians and

family members are eligible to participate in the Naval Station Newport boating programs. Program brochures are available at the Marina Office. Register at the Marina Office or call for more information.

Summer camp (Greene Lane Community Center, 841-7196.)

Children of active duty,

reservists, retirees and Department of Defense civilians are invited to register for the Military Youth Activities (MYA) Summer Camp this season.

Camp begins June 24 and runs in one-week sessions through Aug. 30. Camp will be held at the Greene Lane Community

Center in Greene Lane Navy family housing.

Children will participate in age-appropriate indoor and outdoor activities, field trips,

crafts and much more. Full payment for the first week of camp and a \$20 non-refundable deposit per week that your child will attend is due upon registration.

Registration for children of active duty only will be accepted through May 24. All other authorized patrons may register their children beginning May 28. Registrations will be accepted Monday through Friday at Gym 109 from 8 a.m. to 4 p.m. An income-based fee chart is available at Gym 109.

For more information, call Scott MacDonald at Gym 109 at 841-7196.

Swimming

(Pool 307 841-6628)

• Water aerobics, Tuesday and Thursday from 4:45 to 5:45 p.m. Cost is \$3 per class or \$25 for 11 classes.

• Recreational swimming:

—Active Duty Lap Swim, free for active duty and reservists only, Monday-Friday, 11 a.m. to 12:15 p.m.

—Lap Swim for all authorized patrons (fees apply), Monday to Friday, 12:15 to 1 p.m. and 3 to 8 p.m., Saturday, 7 to 9 a.m. (six lanes available) and 9 to 3 p.m. (three lanes available); and Sunday, noon -

3 p.m.

—Open Swim for authorized patrons (fees apply), Monday, Wednesday and Friday, 3 to 8 p.m.; Saturday, 9 a.m. to 3 p.m., and Sunday, noon to 3 p.m.

—Family Fun Swims, Friday 7 to 8:45 p.m. and Sunday, 3 to 5 p.m.; \$3 per family. Have a splashing good time with your pool toys.

Team sports

• Intramural softball, open to active duty, retirees, reservists, dependents and Department of Defense civilians age 18 and over. Games are played Mondays through Fridays at Carr Point's two fields at 5:30, 6:30 and 7:30 p.m.

The softball season runs May 28 through Aug. 22.

Teams may register at Gym 109, Monday through Friday, from noon to 8 p.m. until June 28. There is a \$15 fee for DoD civilians and no more than four DoD players will be allowed per team unless approved by the Athletic Director.

All teams are required to pay

a (refundable) \$100 forfeit fee and must have matching shirts with numbers by the first game. For more information, call Jim Gauch at 841-3154.

Computer Café

(Building 656, 841-2194)

• Personal computers available seven days a week to send and receive email, surf the web, play games, etc. — all at no charge. Open Monday through Friday at 6:30 a.m.; Saturday, 3 to 11 p.m. and Sunday, noon to 8 p.m. A food menu is available.

Music/games

(Building 656, 841-3054)

• Lunchtime BINGO, Thursday and Friday only. Cover all the numbers on your BINGO card within the designated amount of numbers called and you will win \$500! If no one wins, play continues until a good BINGO is called, winning that lucky person \$100.

Three regular games each day with \$30 prizes for every BINGO called. Jackpot game begins at 12:30 p.m.

Fleet and Family Support Center

We're looking for volunteers

If you are looking for a way to keep or update your skills, then volunteering may be the answer for you. The Fleet and Family Support Center is looking for volunteers for a variety of positions. We are currently recruiting for volunteer positions in the reception area, Loan Locker, and administrative support.

If you would like to volunteer in any of the above or are interested in another field, please contact Mary Corriveau, volunteer coordinator, at 841-2283.

You can make your own hours and receive a great deal of satisfaction in knowing you are helping others and yourself.

Make investments part of your future

Capitalize on your financial future by attending the Investing In Your Future workshop offered on Thursday, May 23, from 11:30 a.m. to 1 p.m., at the Fleet and Family Support Center.

A variety of information is presented, including facts about mutual funds, IRAs, college tax credits, 401ks and educational IRAs for your children. Call 841-2283 to register.

Sponsor training — The difference between a good transfer and a bad one can sometimes be the first impression a new member and his or her family get when they arrive at the new duty station.

That is why the Navy Sponsor Program was established. The sponsor plays a big part in making the first impression a positive one. A sponsor is a

"friend" who is willing to help relocating personnel and their families when transferring on Permanent Change of Station orders.

In order to prepare you to be a Navy Sponsor, the Fleet and Family Support Center is conducting a Sponsor Training Workshop on Thursday, May 30, from 9 to 11 a.m. This training provides information pertinent to the performance of sponsorship duties. It is valuable for individuals who will act as sponsor or department representatives selecting sponsors.

Because the military spouse plays such a vital role in the Sponsor Program, all spouses are invited and encouraged to participate. Registration is required and may be made by

WORKSHOPS, Page 13

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Sports

NAPS team races border-to-border

By Lt. BRAD HARTZELL
Naval Academy Prep School

The Naval Academy Preparatory School recently fielded a team of six students

Providence. The team included Lt. Mike O'Hara and Midshipman Candidates Sean Strawbridge, Frank Benavidez II, Dave Smith, Kyle Ladwig, Haowen Cheng and Ian Rodriguez.

The members ran between 2.1 and 6.7 miles each as part of the team.

The race benefits a 6-year-old girl named Megan who has been diagnosed with a rare form of liver cancer. Megan has undergone eight rounds of chemotherapy and finally received a portion of her



Navy Prep staffer Lt. Mike O'Hara, right, hands the baton to Midshipman Candidate Frank Benavidez outside the State House in Providence in the annual Rhode Island Border-to-Border Relay Race last month.

and one staff member in the second annual Rhode Island Border-to-Border Relay Race.

The team was one of approximately 25 that ran the 31-mile race from the Connecticut border at Gloucester, R.I., to East

father's liver in a transplant operation.

The team earned \$400 for the second place finish and donated the prize in its entirety to Megan and her family.

Special Olympians call for volunteers

KINGSTON — The Rhode Island Special Olympics Summer Games at the University of Rhode Island is putting the call out early for Navy volunteers.

The games will be May 31 to June 2 at the Kingston campus.

Interior Communications Electrician First Class (SW) Stephen Blease at the Naval War College is coordinator of Navy volunteers.

Following is the schedule of events and where volunteers are needed.

Thursday, May 30 — Help set up for events, chalking lines on the playing field, and erected tents and chairs.

Friday, May 31 — Thirty to 40

volunteers are needed between 10 a.m. and 4 p.m. at the Meade Stadium finish line. Forty to 45 volunteers are needed between 6 and 9:30 p.m. for opening ceremonies. The summer white uniform is required.

Saturday, June 1 — Forty to 50 volunteers are needed between 8 a.m. and 4:30 p.m. at the track finish line.

Volunteers attending both sessions on Friday will eat dinner at the reception at 6 p.m. Lunch will be served to all volunteers on Saturday at the track.

For more information, contact Blease at 841-2416 or email bleases@nwc.navy.mil.



PHC (AW) Jon Hockersmith/U.S. Navy photos

TAKING THE RAPP — Navy Prep pitcher Cody Rapp hurls another strike against a Thayer Academy batter last Friday night at Cardines Field to push his record to 6-1. The Rams won, 9-3.

NAPS back on diamond after 10 canceled games

By Lt. CMDR. T ALLVORD
NAPS Head Baseball Coach

The Naval Academy Preparatory School baseball club finished the 2002 season with three straight wins last week to finish 20-13 overall (fall and spring baseball).

Because of a shortage of players because of academic difficulties, NAPS suspended its regular season on April 21. With six players feeling the academic pressure, the decision was made to postpone the season until final exams were completed.

After 10 canceled games, more than three weeks in lay-off, and the loss of one player because of academics, the players were finally able to pick up baseball.

The Rams disposed of Connecticut College, 11-8, last Saturday in New London; Thayer Academy, 9-3, last Friday night at Cardines Field; and Tabozi Academy, 6-2, in Marion, Mass., on May 9.

A road trip to Boston last Monday to face Belmont Hill was rained out.

Against Thayer, Navy found itself trailing 2-0 after the first



NAVY centerfielder Justin Ossola slides into third base against Thayer Academy.

inning and 3-0 in the bottom of the fourth. The visiting team jumped out quick on the strength of a two-run home run off Navy starting pitcher Cody Rapp. Although it was a rough start for Rapp and Navy, they hung in there and battled back to within one run in when left fielder Dan Gibbon (.276) delivered a two-RBI double and two batters later shortstop Eric McElvenny (.333) provided another two-RBI blow with a triple to left center.

McElvenny's drive proved to be enough in the end, but Navy was far from finished. First baseman John Fields

(.265) led off the next inning with the first of four hits in a row from Will Sheehan (.339), Robert Herrick (.271) and Lloyd Regas (.474), whose towering solo shot over the right center field fence was his third of the season.

Rapp collected the win and pushed his record to 6-1, allowing two earned runs on seven hits, three walks while striking out six.

The victory gave him his fourth complete game and 45th strikeout in 44 1/3 innings of work. It also earned him a place in the NAPS record book for lowest ERA at 1.58 ERA.

NAPS

Continued from Page 3

Travis A. Klempman
Edward P. Kotulski Jr
Aaron R. Kerkorian
Kenneth P. Kuhlman II
Michael A. Kuiper
Douglas R. Kurz
Kyle J. Ladwig
Stacey M. Lanham
Joshua J. Larson
Anna N. Latorre
Nicholas A. Law
Robert G. Leclerc
Forrest C. Lehr
Hoylum N. Leung
Luis A. Levine
Michael K. Lewis
Laila I. Linares
Juan A. Llado
John C. Lee
Stephen J. Looney
Ruben N. Lopez
Karen C. Love
Alejandro I. Loya
Joshua A. MacCormack
Adrienne A. Maeser
Carlos L. Maldonado Jr
Philip A. Manor
Hera K. Mansell
Magdalena P. Marce
Douglas M. Marks
Derek J. Martin
Samuel J. Mathews
Matthew D. McBride
Michael J. McBryar
Eric M. McElvenny
Matthew O. McFarlane

Cayanne V. McFarlane
Jack B. McIntosh
Adam L. McLaughlin
Federico W. Mendizabal
Robert A. Merin
Stephen R. Miggins
Brandice E. Miller
Jeffery A. Milota
Julia E. Minshall
Jason A. Monte
Joseph D. Morris
Kenneth R. Morrison II
Thomas M. Murray
Sean E. Nagel
Christian J. Nava
Jessica L. Navarro
Andrea M. Nicola
Richard D. Nines
Mark A. Obradovich
Chika U. Onyekanne
Justin K. Ossola
Thomas P. O'Toole
Jake D. Owens
Rafael N. Oyola Jr
Marshall M. Pagaling
Joseph J. Pagan
Araceli N. Palomino
Anthony R. Perez
Sansarae L. Pickett
Marlaina M. Pippin
Beau S. Portillo
Richard N. Powell
Ricardo J. Prado
Charles T. Pruitt
Travis L. Rainey
Ryan R. Ramos

Jeremiah R. Raney
Andrew S. Rapacke
Cody H. Rapp
Matthew A. Ray
Brad M. Reed
Lloyd C. Regas
Jose J. Reyes
James C. Ripley
Richard R. Rivas
Ryan W. Robertson
Samuel A. Rodriguez
Luis N. Rodriguez-Cortes
Philip M. Roman
Aaron J. Romero
George J. Roth
Alejandro N. Roza
Matthew M. Russell
Lliver N. Salas
Joshua G. Sanborn
Michael G. Sardone
Thomas B. Sauer
Eric S. Schilling
Nicholas M. Schmitz
Ryan J. Sentf
Nicholas L. Sevaetasi
Frank C. Shannon
Daniel C. Shea
Aimee D. Shepard
Seth T. Siaki
Albert E. Silva Jr
James P. Singleton
David A. Smith
Lindsay M. Snyder
Jose A. Sosa
Charles D. Stein

Byron N. Stocks
Shawn P. Strawbridge
John B. Stringfellow
Matthew F. Sullivan
Robert M. Symuleski Jr
Shawn E. Talley
Raphael J. Thalakkottur
Kerrin A. Torres
Kerrissa A. Torres
Gerald W. Triplett II
Wes E. Urquhart
Edward A. Valdez
Michael N. Vallianos Jr
Megan S. Vehovic
Brian A. Vent
Michael A. Viles
Christina L. Villarreal
Catherine M. Vorrasi
Roderick E. Walker II
Ryan T. Wang
Daniel J. Wendolowski
Bonnie D. White
Travis D. White
Gavin M. Whittle
Lepoleon N. Wiggins
Ronnie N. Wilburn Jr
Sharon L. Wildberger
Duane B. Willoughby
Paul L. Wilson
James M. Winston
Justin R. Wolfe
Richard M. Yates
Alexander T. Yuille
Alexander C. Yu-Rank
Jill C. Zemsta
Anthony R. Zidar

NMCRS

Continued from Page 4

knitter.

Other volunteers who received recognition at the luncheon include:
7,000 hours of service: Muriel St. Angelo
6,000 hours of service: Muriel St. Angelo
5,000 hours of service: James St. Angelo
2,000 hours of service: Florence Olszewski
1,500 hours of service: Vivian Flade
600 hours of service: Nanci Smith, Donna St. Angelo
300 hours of service: Nanci Smith

100 hours of service: Virginia Plunkett
"These volunteers are wonderful to work with and they are so dedicated to the success of the organization. It is truly an honor for me to work with them," said Dan Brenton, director NMCRS, Newport.
NMCRS Newport assists numerous service-members and their families. Last year, the Society approved interest-free loans totaling \$71,000, issued grants totaling \$17,000, gave 34 junior seabags, and provided budget counseling and other services.

Allergy

Continued from Page 7

its original source.

Pollen counts are highest between 5 and 10 a.m. and on dry, hot and windy days. Avoiding the outdoors between these hours, saving outdoor activities for late in the afternoon or after a heavy rain and drying your clothes inside (clothes dried on the line may catch pollen and bring it indoors) will reduce your risk of an allergic reaction.

If you are not sure whether you have allergies or a cold or what to do, call the 24-hour Health Care Information Line

for help.

The line is staffed by Registered Nurses who can help you determine the non-emergency or self-care you need in the proper setting and can provide information on health issues. Call 1-800-308-3518 anytime, day or night to speak to a nurse or to access the Health Information Library (Pin No. 208).

(Sierra Military Health Services, Inc. (SMHS) the TRI-CARE administrator for TRI-CARE Northeast presents this information courtesy of the National Institute of Health.)

Self-Help

Continued from Page 4

equipment, and providing technical guidance, quality control, and supervision on all projects.

The staff includes: Builder First Class Dwayne Yon, Self Help manager, who manages and coordinates the day-to-day operations of the Command Self-Help Center;

Utilitiesman Second Class Harold Perkins supervises other personnel from tenant commands or departments in the completion of all self-help projects.

Construction Electrician Second Class Daniel Baldwin provided electrical work connections, assists Perkins and insures safety precautions are followed on the job sites;

Lithographer Second Class Tom Pelletier manages material and administrative needs;

Aviation Storekeeper Second Class Mark Palmer helps wherever needed, and helps to ensure any task is completed.

Constructionman Third Class Jim Kneise, currently attached to NAVSA Auxiliary Security Force, maintains all small gas-powered engines, and works with all crews.

The Self-Help crew renovated FITNESS Plus, refurbished the Computer Café, and replaced numerous broken or uneven sidewalks.

They identified and reutilized \$13,486 in excess materials for over 65 projects.

In the heightened security status after Sept. 11, the crew constructed sandbag bunkers at the gates, and observation towers.

Classified Advertising pays off!

010 - Help Wa

BOOKKEEPING/GENERAL OFFICE: National company seeking full-time bookkeepers/Accounts Payable persons for our Newport office. These positions are round hourly wage, flexible hrs., health plan, and profit sharing. Experience required. Call 848-0095.

CLEANER: Permanent full-time position available at apt., community. Benefits available, experience required. Must have own car. Apply at East Bay Village, 101 West Main Rd., Middletown. No phone calls please.

COOKS, SOUS CHEF, utility crew, dishwashers: Round and evening positions. Flexible schedule. Kathleen's Catering 212 Broadway.

COUNTER HELP - Early Bird Special: Coffee shop & bakery Mon.-Fri. 6:30am-3:00pm. Full/Part-time. Ocean Breeze Cafe, 580 Thames St., Newport. 849-1750.

DENTAL ASSISTANT: Full time position available. Surgery practice. Experience. Please fax resume to 401-847-6265.

DENTAL ASSISTANT: Full time. Middletown area. W. train. Fax resume and references to 946-3780.

DRIVERS - Part time: great for retirees and other Toyota of Newport. 847-1144. ask for Alvin or I

ELECTRICIAN JOURNEYPersonnel: Seeking long term employee for established electrical firm. 5 yrs. experience. identical/commercial. Wage \$20-\$22/hr. Health vacation & 401K. For confidential interview call 847-

EXPERIENCED CUTTER: for upholstery & custom marine interior business. Surgery practice. Experience. Part time. Mon-Fri. 9-5. Excellent pay & benefits. 682-2743.

FACILITATOR FOR COMMAND SPOUSE LEADERSHIP COURSE: Facilitator and instructor needed for the Command Leadership School at Naval Station Newport. Work in an exciting environment providing support for the Command Spouse Leadership Course (CSLC), an intense five-day course taught 18 times a year. CSLC students are spouses of first-time or manding officers who are concurrently attending command leadership school. The course provides participants with in-depth program of instruction that enriches their knowledge of the command environment. The course enhances command readiness and supports the Navy's Leadership Continuum by providing spouses with the self-awareness, management and leadership skills that foster positive command climate and support the Navy's Core Values. The successful candidate must have experience as a spouse of a Navy Commanding Officer and training or education related to course instruction. Send resumes to Corie Hayes, Command Leadership School, 441 Meyerhold Ave., Newport, RI 02841. Fax: (401) 846-3186 or e-mail corie.hayes@navy.mil.

010 - Help Wa

FRONT DESK CLERK: position avail. Yr. rc employment. Apply in person at the Pineapple Tr. Condominium Bldg., Newport.

HOUSECLEANERS: \$9/hr. for dependable awesome cleaners. Mon.-Fri. day. 846-7855.

LIFEGUARD: part time. Apply in person. Howard Johnson Inn, Middletown. Or call Jeff Miller, 849-est. 304.

MUSIC BOX IS HIRING - Full-time Sales Associate: both music & clothing. A full time Music Box Annex 140 Thames St., Newport.

NEWPORT BOAT CO. - SEEKS employees: for the following positions: Tilt Sales, Asst. Ticket manager, Retail Sales, 8 tail Sales Manager, Deck hands/Tour Guides. Full time position available. 849-3033 or e-mail boatpos@newportboatco.com

NEWPORT RESERVATIONS: is currently looking for enthusiastic & hospitality oriented individuals. Proven hospitality experience must. Please call 842-0100.

ONLY A DOLLAR IS COMING: to Middletown. Hiring for a variety of duties including retail sales, inventory, merchandising and supervising. Apply 1372 West Main Rd. Mon-Fri 9am-4pm.

PERSONABLE, positive person: for a variety of duties including retail sales, inventory, merchandising and supervising. Apply 1372 West Main Rd. Mon-Fri 9am-4pm.

REAL ESTATE 2 positions: available for new licensee. perfect working order. 51500/best. 683-1910.

RESERVATIONIST: flexible hrs. reserving Newport B&B's & hotels. Experience preferred, but will train going person. Hourly \$8.00. Call 849-6780.

SEWING MACHINE OPERATOR: For marine cushion and canvas business. Experience. Full-time w/ benefits. Call 401-682-27 between 9 and 5.

STITCHER: basic sewing skills required. Mon-Fri 8:30. Benefits include medical, dental, paid holidays. Rue de France 846-2084.

TEMPORARY Housekeeper: Full-time for busy retirement community. Apply in person, Glenheim Newport, 303 Valley Rd., Middletown.

WAITSTAFF, WEEKENDS: breakfast/lunch, experienced. Claire's Roadside Cafe, Portsmouth. 683-5134.

WAREHOUSE WORKER/STOCKER: Full & part time hours, flexible schedule. Apply to 849-5954. Free Sun. dealer space.

010 - Help Wa

PAINTERS: experience necessary. Call 846-5568.

WE'RE LOOKING FOR: big risk! Call RI Consumer Protection at 800-852-7776, or the Fed Trade Commission at (877)-FTC-HELP for free information. Or visit Web site at: www.ftc.gov/bizop.

710-Unfurn. Apts: 3 bdrm., washer/dryer, of st. parking, no pets/emo ng. \$1800/mo. 846-7000.

012-Earning Oppc: AVON SALES Reps., earn \$1.20 ea chair. Inv. 0. 847-9657 or 1-866-847-9657

350-Instructor: BARTEND Day & Evening Classes Boston Bartenders School Get Certified-Job Placement Dartmouth, (508)844-4515

490-Wanted to: ANTQUQUES buying anything old. Top \$ paid. From 847-9657.

520-Miscellaneous: LOXS CLOSED IN UTILITY TRAILER - '99, rear door open out, \$1600. 847-2279

WHITE WOODEN PICKET FENCE: 50' feet. \$100 or less. Call 846-6780.

530-Household: 20 QUART HOBART Mixer, perfect working order. 51500/best. 683-1910.

APPLIANCES: Used washers, dryers, stoves, ref. dishwashers. Guaranteed. Major Appliance, 849-7962

BUTCHER BLOCK TABLE: Solid oak with bench \$150 846-8131.

DINING ROOM SET: Mahogany 8 chairs, hutch, side board, padle, 1e \$1,200 846-8131.

FRIDGWARE: oven wall unit elec. self cleaning, new. \$200/best. 849-1962.

KINGOIL TILLOTTING: Excellent cond. Paid \$70 \$450 or best. 841-8514.

LADIES 9 DRAWER Bureau: w/matching mirror. Broth. Paid \$829, asking \$399/1 est. 849-5012.

QUEEN SIZED bed set: w/box spring & mattress. Triple dresser, armoire. night stand \$500. 683-418 after 9 pm.

THREE CUSHION: newly upholstered sofa/bed. Excellent cond. Patel gar. floral, \$200. 683-0253

WASHER & DRYER: \$150 ea. Elec. range \$125. W. deliver. 508-951-1003.

660-Flea Mar: ROUTE 177 FLEA MARKET Tiverton RI Free admission Sat. & Sun. 9am-5pm. 401-625-5954. Free Sun. dealer space.

670-Business Op

INVESTING: Promises of big profit mean big risk! Call RI Consumer Protection at 800-852-7776, or the Fed Trade Commission at (877)-FTC-HELP for free information. Or visit Web site at: www.ftc.gov/bizop.

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760-Commercial: CHRISTIE'S LANDING RETAIL, 210 sq. ft. HI traffic. Avail. now. 683-1004.

770-Garages & S: 2 bdrm., fireplace, fence yard. Walk to beach & CI Walk. \$260,000. 847-9662.

870-Houses for: LITTLE COMPTON, TIVERTON, WESTPORT. Call Spinacone Real Estate, assist with all your real estate needs. 401-635-2300.

NEWPORT: unobstructed ocean views, new construction, 4 bed, 1.5 ba garage. \$325,000. Ston Tower 434-7300 ext. 3.

NEWPORT: desirable downtown location. 3 faml w/harbores from 3rd. f view. Great location for investors! \$425,000. Centu ry 21 Access America Dave Lawrence 849-0660 ext. 234 or 846-9200.

NEWPORT: Renovated 4 unit w/hardwoods, new roof, windows & gutters well as separate heating elec. systems Works for W/D hookups garage occupied. \$449,900. Century 21 Access America Dave Lawrence 849-0660 ext. 234 or 846-9200.

915-Autos for: BUICK SKYLARK '91 inspected till 12/02, 106,000 mi., runs good, \$750, best offer. 846-3739.

930-Land: CHEVY CAVALIER '94. Auto. 2 dr., runs but c need tune-up and other minor engine work, new tires and muffler, air, 849-5900.

940-Mobile Ho: FORD EXPLOER '92. 4 dr., New exhaust, fue pump. New inspection. \$2200. 286-7708.

950-Truck & Ca: GEO PRIZM '93. LSI 5 spd. 204,000 mi., Hwy mi. Power locks, steering, rack sticker. Cold A/C. Excellent condition. \$10,000. quick. NADA \$2,100. se for \$1,750. 847-8409.

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980-Boats & Acc: MITSUBISHI MONTERO, '98. 4x4. 5 spd., 130,000 mi., replaced brake, clutch, valve job. Clean, rust, triple roof rack, hitch, stereo. Reliab \$1500/best. Moving! 401-261-3505.

990-Boats & Acc: MUSTANG LX '90. 5.0, 5 spd., needs minor work \$2500/best. Call 846-5741

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740-Summer Ren

WALK TO EASTON'S BEACH: Adorable studio apt., c street parking, air, sat tv/ver, telephone, que bed plus pull-out sofa, bath & kitchen. Avail. w/ly \$600. Call Paul 864-2700.

750-Commercial: 8 FT. WALKER BAY dinghy, great shape, lig weight plastic, maintenance free. Used 1 season. Oat incl. \$400. 849-4912.

760-Retail/Offi: 8' INFLATABLE DINGHY with pump & oars. \$400 Call 848-837.

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907-Boats & Acc

25 FT. BLACKFIN '78: outd., straight inboard, power, tuna tower, radar etc. Must see! \$25,899. rate Cove Marina 683-3030

26 FT. STARFIRE '88: Mer-cruiser, 260 hp, sleeps 6, cold running water, heat, air conditioning, refrig., etc. \$14,000. \$1 683-5915.

8 FT. WALKER BAY dinghy: great shape, lig weight plastic, maintenance free. Used 1 season. Oat incl. \$400. 849-4912.

8' INFLATABLE DINGHY: with pump & oars. \$400 Call 848-837.

24. Good cond. W/seasonal mooring: in Newport Harbor 4 hp \$600. 846-6868.

LASER '97: Excellent condition, white hull, 2 of blades, 2 tiller, e sions, cover and other extras. \$2400. 401-486-361

LASER SAILBOAT blue/white: 4 sets sail, all weight plastic, maintenance free. \$1,000. 847-5715.

O'DAY 12 ft. Widgeon sailboat: Fully equipped, 1 lift. Escape Runby, w/trailer. \$110 best. Newport. 401-619-002

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Optimally-manned DDG aces initial evaluation

AT SEA ABOARD USS MILIUS (NNS) —It was a clean sweep for the guided missile destroyer USS Milius (DDG 69), which cruised through its Basic Phase of the Interdeployment Training Cycle, culminating in an impressive performance in its Final Evaluation Problem (FEP).

Milius scored an "A" grade on all 15 of its warfare areas, the maximum possible grade, and did it with an "optimal" crew size of just 232, almost 20 percent fewer crewmembers than the usual complement for an Arleigh Burke-class guided missile destroyer.

Navy-wide news

Milius is the first DDG to complete Basic Phase in the Optimal Manning Experiment, an initiative by the Commander, Naval Surface Force, U.S. Pacific Fleet (SURFPAC) to try to determine the ideal crew size for DDGs, CGs and the destroyers and cruisers of the future — DD(x) and CG(x).

13 Nimitz Sailors face drug charges

SAN DIEGO (NNS) — Naval Criminal Investigative Service (NCIS) agents from Navy Region Southwest apprehended 13 Sailors aboard the aircraft carrier USS Nimitz (CVN 68) May 6 on suspicion of the use, possession and distribution of ecstasy and methamphetamines.

The NCIS initially removed all 13 Sailors from the ship. "All were subsequently returned to the ship after being questioned by the NCIS which does not have the authority to confine suspects," said Cmdr. Jack Papp, spokesman for Commander, Naval Air Force, U.S. Pacific Fleet.

Twelve of the accused Sailors are male and one is female.

NEX's vending benefits NMCRS

VIRGINIA BEACH, Va. — Hungry? Go ahead, grab something out of that vending machine. You'll be helping your shipmates as well as satisfying your craving.

The Navy Exchange Service Command's (NEXCOM) vending program and a number of its vendors including Hershey Chocolate, M&M Mars/C. Loyd Johnson Kealy, Nestles USA, Quaker Oats/Gatorade, Frito-Lay, Golden Valley Microwave Foods and Nabisco have created a program to support the Navy-

Marine Corps Relief Society year round.

Each participating vendor will contribute money based on merchandise purchased through Navy Exchange vending machines throughout the year.

Since the program's inception in 1997, NEXCOM and its industry partners have contributed over \$167,000 to the Navy & Marine Corps Relief Society to help military members and their families.

CNO calls DDX the future of Navy's surface force

WASHINGTON (NNS) — Chief of Naval Operations Adm. Vern Clark called the next-generation DDX destroyer "extraordinarily transformational" during a May 1 media availability in the Pentagon.

The contract was awarded to Ingalls Shipbuilding and Northrop-Grumman Ship Systems.

New rates on bikes & boats.

New motorcycle
loans as low as

4.9%
APR*


New boat loans
as low as

5.9%
APR*



Whether you're
into two-wheeling or

sailing the seven seas, we've got the new or used motorcycle or boat loan for you. Take advantage of our new lower rates and get up to 100% financing with terms to fit your needs. Find out how your credit union can make owning that motorcycle or boat a reality today.

NAVY 
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CREDIT UNION

To check out rates and terms, or to apply,
visit www.navyfcu.org, call 1-800-336-3333
or stop by your local member service center.

*Annual Percentage Rate. Based on 36-month term. Navy Federal Credit Union can serve most active and retired Navy and Marine Corps personnel, Department of the Navy civilian employees and their families. Federal law prohibits federal credit unions from serving nonmembers. 10418 (3-02)